

Department of Nutrition and Dietetics, University of North Florida

Nutri*News*

Volume 2, February 2015



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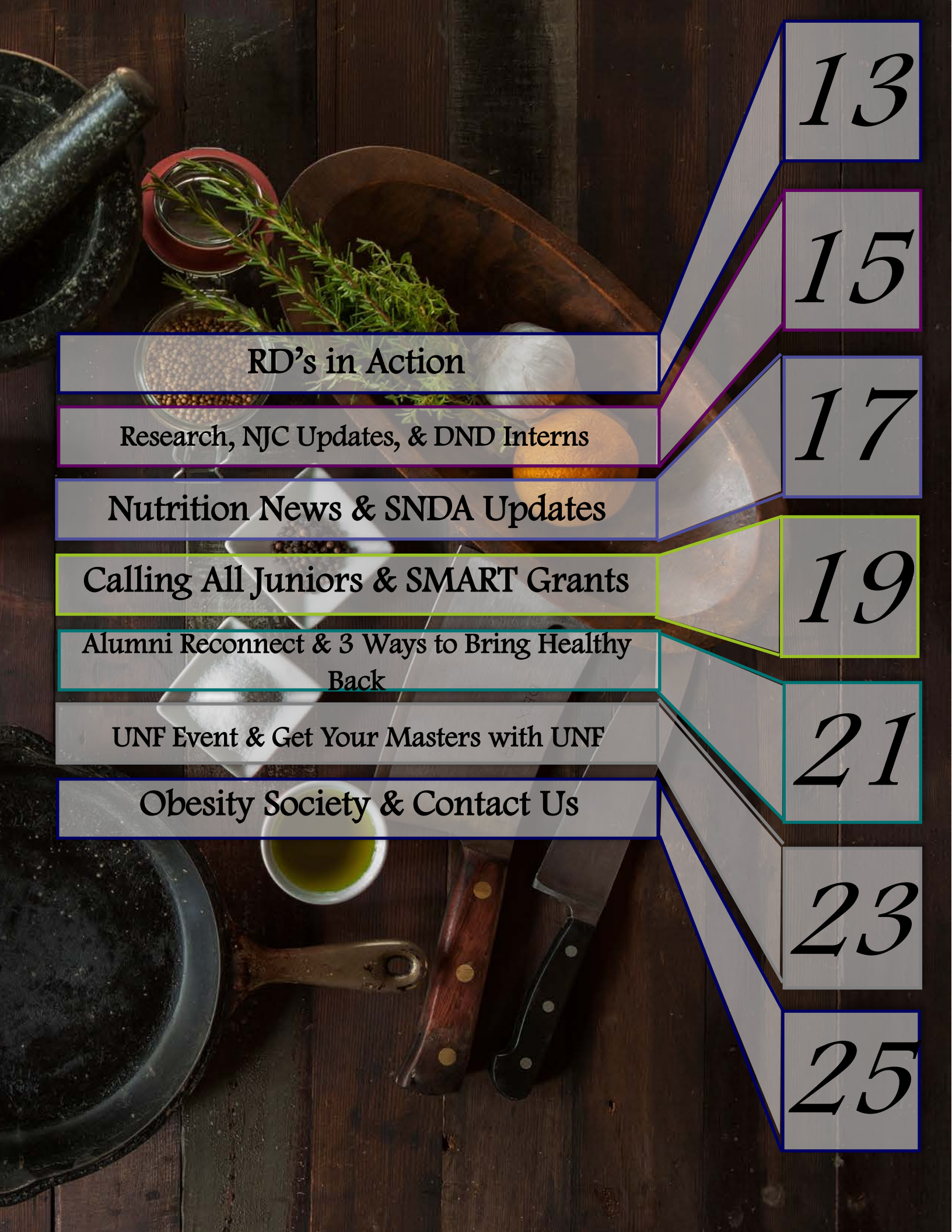
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Dr. Pamela Chally

Dean of the Brooks College of Health

By Lindsay Pappas

Dr. Pam Chally is the Dean of the Brooks College of Health at the University of North Florida. She oversees the administration of the Department of Public Health, the Department of Clinical & Applied Movement Sciences, the School of Nursing, the Department of Nutrition & Dietetics, and the Center for Global Health and Medical Diplomacy.

Dr. Chally earned her Bachelor of Science in Nursing from the University of Illinois in Chicago in 1972. From there, she moved to Atlanta, Georgia, and attended Emory University while earning a Master of Science in Nursing with a focus in Maternal Nursing in 1977. In 1990, she received her Doctor of Philosophy in Nursing from the Georgia State University where she studied ethical decision making in neonatal intensive care.

Other academic positions held by Dr. Chally include: Acting Provost and Academic Dean of Concordia University and West Suburban College of Nursing, Acting Associate Chair at Northern Illinois University, and Director of the Baccalaureate Nursing Program at Kennesaw State College.

Dr. Chally moved to Jacksonville, FL in 1993 and became a full-time faculty member at the University of North Florida. She says, "It was heaven on earth to be with students again; it's just so special. It [the teacher/student relationship] is especially meaningful in nursing." In 1998, she became the

Dean of the Brooks College of Health, and she absolutely loves her job. She says, "This job has given me the opportunity to learn about so many different health care professions." Her goal for the future is to integrate within the college so that students can learn more about each healthcare profession.

Dr. Chally has worked as an academic administrator and nursing faculty member for over 40 years. She credits much of her success to her supportive husband and high school sweetheart, Rod. Together, they have two adult children and three granddaughters. To her, "Family is everything." One of her favorite activities is baking Kringla, a traditional Norwegian cookie, with her granddaughters. Her hobbies include: reading, exercising at the Brooks Family YMCA, and traveling to visit family members.





History of the Brooks College of Health

On September 30, 1997, the College of Health building was renamed J. Brooks Brown Hall after Dr. J. Brooks Brown, a retired Jacksonville physician and UNF benefactor who had been a leader in health care education and innovation. Nine years later, on March 31, 2006, the University announced the renaming of the College, Brooks College of Health. Brooks Health System donated \$3.6 million, a gift matched by the state, resulting in a total donation of \$7.2 million. At the College naming ceremony, Dr. Brown also announced an endowed professorship in the College named after Dean Pam Chally.



Faculty *Spotlight*



Jill McCann Snyder MSH, RDN, LD/N is the President of First Coast Academy of Nutrition and Dietetics (FCAND) and a full-time Nutrition and Dietetics Instructor at UNF. She currently teaches undergraduate courses in the DPD. The Jacksonville Beach native is a graduate of Fletcher High School and still resides at the beach with her husband Roger and her stepdaughter Rebecca, 11, and stepson Jack, 8, along with their yellow Labrador Retriever named Tar.

By Tammy Baranowski, Dietetic Intern

TB: Tell me about your path to becoming a dietitian.

JS: Well, I completed both my undergraduate and graduate degrees right here at UNF. I actually took two years off in between my Bachelor's degree and the internship and worked as a Group Fitness Director for the YMCA. When I decided to pursue my RD credential, I knew I wanted to stay local and that a master's degree would serve me well. UNF was a perfect fit.

TB: Did you always want to be a nutrition instructor?

JS: Growing up, all of my family were teachers and I sort of thought I would be too, but I never dreamed I would be teaching here. My dad and uncle are both football coaches, so I grew up on the football field. Between them and my aunt, who owned an aerobics studio, I was keenly drawn to the area of sports and fitness. I wanted to be an aerobics instructor, just like my aunt, for a long time. As time went on, I realized I wanted a more professional career, and that

nutrition was another strong interest of mine. This was during the time when fat free eating was the trend and I remember being fascinated when I discovered in my first nutrition class just how important fat is in the diet, and that all the media messages demonizing fat were wrong.

TB: What areas of dietetics are you drawn to the most?

JS: Well, of course I love sports nutrition and I continued to teach aerobics for 11 years. I was also strongly drawn to oncology dietetics, because when I was younger my mother had cancer. However, when I was doing rotations in grad school, I discovered how prevalent eating disorders are in sports and turned my focus there. I even did my graduate seminar on eating disorders, but at that point still only really had textbook knowledge on the subject.

TB: What has your professional journey been like as a dietitian?

JS: After I became a Registered Dietitian, I took a pediatric oncology job in Orlando for a while. I really loved that job, but missed Jacksonville, so I came back and took a job at an eating disorder clinic, Wekiva Springs. I partnered with another dietitian, Marilyn Dahl, at Wekiva and we worked to create an eating disorder treatment program for the facility. She also owned a private practice called Preferred Nutrition, and I started working there with her in 2007. So I really kind of fell into eating disorders as my specialty.

TB: *Tell me about Beaded Star.*

JS: Well, Wekiva Springs closed their eating disorder program in 2009, and Jacksonville didn't really have any structured inpatient/outpatient eating disorder program. So Marilyn and I worked on creating Beaded Star, which was opened in 2012. It's an intensive outpatient program, or IOP, that is based on group therapy and meal support. We would do cooking, group therapy, and even alternative therapies like yoga and art therapy. We've had a lot of success with that. We named Beaded Star after the starfish, which I just love.

TB: *Have you done any research or special projects at UNF?*

JS: I collaborated on an eating disorder survey project with some other instructors in our department including Dr. Zhiping Yu, Jackie Shank, and Jen Ross last spring, and next summer I will be working with Dr. Yu on another study on eating disorders. It's a great partnership because she has research experience and I have the clinical experience.

TB: *What has it been like to be President of FCAND?*

JS: It has been really interesting. I started off in other roles within the association and found I really liked it. The legislation piece has been all new to me and I'm really still just getting my feet wet, but I like it. It's a great chance to serve and

actually make important changes. We have some important changes coming up in our licensure and we really want to make a push to other dietitians in the community to protect our license.

TB: *Where do you see your future taking you career-wise?*

JS: Well, legislatively, I would really like to move up to the state level from here. I also really love teaching and working with the students.

TB: *What do you and your family like to do for fun?*

JS: We're an athletic family. My husband does Ironman triathlons and I like to run marathons. The kids do triathlons as well as play soccer and surf. I love that they have so many athletic opportunities. But I also always remember that they're kids and to not take it all too serious when they're out there on the field. Sometimes parents forget that. It's supposed to be fun. Other than that, our favorite place to go as a family is on trips to the Caribbean.

TB: *If you could get paid to do anything in the world, what would it be?*

JS: I would be a beach chair tester, definitely!



Student

Noor *Ashouri*



What brought you to UNF? What made you decide to study nutrition?

So I grew up in Jacksonville, FL and moved to Aleppo, Syria when I was 16 and stayed there for 2 years. Over there I noticed a completely different mentality when it came to health. In some ways, it was great. People didn't worry so much about what they ate and most meals were eaten at home. Food was the essence of social gatherings. But there were also a lot of down sides. Diets usually meant extreme calorie restrictions for a few weeks, only to regain the pounds lost when returning to normal eating habits. Smoking was considered normal. Breakfast was often forgotten. I became intrigued by different cultures and how each culture views food and nutrition. This made me want to pursue a degree in nutrition because I felt I could bring a sense of cultural

competency to the field. We often forget that culture is a form of identity for people and it isn't as simple as giving people a snack list or a brochure. I chose UNF because I wanted to return to my roots and found the small class sizes at UNF to be the perfect place for me.

What is your best/worst memory from being at UNF thus far?

My best memory at UNF is also my worst. I was trying to take a picture of a little baby goose. I got pretty close. Mother goose noticed and started running towards me. While she didn't actually touch me, she got really close and had an angry look on her face. I let out a scream, fell down and scraped my knee. Embarrassing? Yes. Hilarious? Yes.

What are you currently involved with at UNF?

I used to write for the UNF Spinnaker. I did that for about a year and a half and it was one of my favorite experiences. I dabbled in reporting daily news stories, enterprise, features, opinions as well as nutrition and health columns.

Are you involved in anything else that you enjoy doing?

I currently do marketing for a cardiology group, First Coast Cardiovascular Institute. I am also interning at ruckus, which is an advertising agency in Jacksonville. I would like to integrate my passion for nutrition and health with my love for marketing, media and communications. I also love traveling and just came back from Bahrain. I love writing and drinking coffee (at the same time, of course).

Profiles

Shari Collins

What brought you to UNF? What made you decide to study nutrition?

I was born and raised in Jacksonville and did not have a desire to move anywhere else for schooling. As a junior in high school, I toured UNF's campus and fell in love with it right away. Nutrition became a big passion of mine in high school while playing sports and taking a health class that emphasized the importance of nutrition. UNF was known for its amazing Nutrition program and because of my strong interest in nutrition, I knew that UNF's Nutrition program was going to be the perfect place for me to pursue my degree!

What is your best/worst memory from being at UNF thus far?

Best memory: Meeting new people, in whom I can now call my close friends.

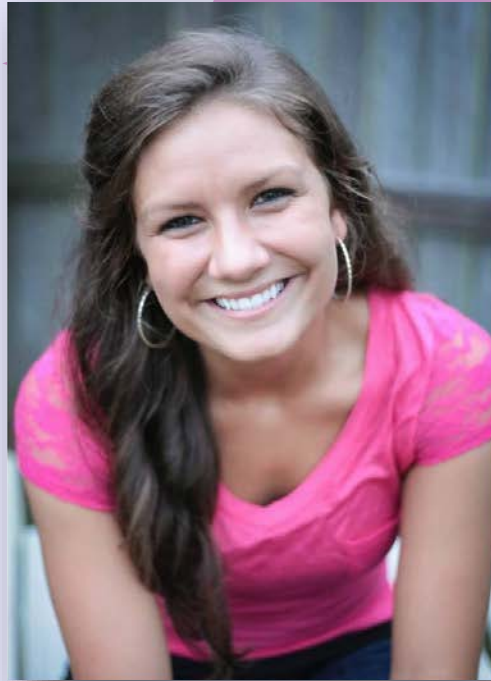
Worst memory: Walking from lot 18 to class in scorching hot 90s weather, and as a result, arriving extremely sweaty.

What are you currently involved with at UNF?

Right now I am in the combined Masters/Dietetic Internship program. This semester I am taking 12 graduate credit hours while interning at Brooks Rehab three days a week. I also plan on participating in intramural flag football with some of my friends when sign ups begin.

Are you involved in anything else that you enjoy doing?

In undergrad I was the Vice President of the Rotaract Club and Volunteer Chair of the Student Nutrition Club, meaning, I have a passion for volunteering. Whenever I have a chance to volunteer in my community, I do so, especially when it has a positive impact on the younger generation. Also, I am still currently working at Mayo Clinic part time as a Diet Tech where I learn critical information about nutrition that is extremely applicable to my major. In addition, I enjoy working out at the fitness center multiple times a week and playing recreational sports such as volleyball.



Study Abroad

In Toronto and Niagara Falls, Canada

Spend 18 days in Toronto, Montreal and Niagara Falls, Canada

Jul 1st – Jul 18th, 2015

As one of the most diverse countries in the world, visiting Canada provides an exceptional opportunity to explore various cultures and ethnicities in one place. Moreover, you will become familiar with a government-based health care system in Canada. You will visit departments of nutritional Sciences, hospitals, research centers and government offices to learn about health care system in Canada and also to observe ongoing clinical and animal research in the field of nutrition and dietetics in Canada. It will be also an incredible opportunity to meet some of world famous research leaders in the field of nutrition at University of Toronto and at McGill University. It will help to formulate new ideas or your own research which is in compliance with our goal in the Department of Nutrition and Dietetics to develop research in the field of Nutrition at UNF.

The Cost

The cost of the program is approximately \$3000.00 and it includes: Airfare, lodging, most meals, excursions, and local transportation. It does not include: tuition, or spending money.

For an application and for further information, contact the course faulty leader:

Dr. Alireza Jahan-mihan

E-mail: alireza.jahan-mihan@unf.edu

Building 39, Room 3057A

Department of Nutrition & Dietetics

SAILS Scholarships Available!



With DND

In Umbria and Tuscany, Italy

Spend 16 days in Umbria and Tuscany, Italy

June 9th – June 24th, 2015

This 16 day program is an analysis of how social, psychological, historical and cultural factors impact food, nutrition, and society in Umbria and Tuscany Italy. Students will gain an understanding of the Italian food system and how the Mediterranean diet affects societal health. Emphasis will be given to understanding how food-related social factors impact nutrition and dietetic practice. Class structure will include lectures, discussions and experiential learning excursions in Italy where students will visit the producers of olive oil, wine, fruits and vegetables, bread, sausage, prosciutto, and pecorino cheese. Students will also participate in cooking demonstrations with Italian cooks and learn to prepare dishes from classic Umbrian cuisine, learn about the nutritional benefits of the Mediterranean diet and differences in the food culture which influence health.

The Cost

The cost of the program is approximately \$2500.00 and it includes: lodging, most meals, excursions, language & cooking classes, and local transportation. It does not include: airfare, tuition, 12 lunches in Italy, \$25 for speakers or spending money is paid by the student prior to or during the trip.

For an application and for further information, contact the course faculty leader:

DR. CATHERINE CHRISTIE

E-mail: c.christie@unf.edu

Tel: 904.620.1202

Building 39, Room 3031

Department of Nutrition & Dietetics

SAILS Scholarships Available!



Hot Topics and *Current Trends*:

Sugar: should it be eliminated from the diet?

By Ashley Trey-Roush

Over the past eight to ten years social media has grown in leaps and bounds. You can find out anything and everything on Facebook or Twitter and even Instagram. You can stay in touch with your friends and family, keep up with current events, find new recipes, read about the latest celebrity gossip, find 2,765 cool ways you can recycle a wooden pallet, figure out how to pay off all your debt, do some shopping and even get vacation deals; and yes, there is medical and nutrition advice coming from every which direction via social media.

Scrolling through a news feed it is easy to find out what the latest nutritional tidbit is trending. One that I've seen quite a bit of is..."How to Eliminate Sugar From Your Diet" or "142 Reasons you shouldn't eat sugar". WHAT?! One hundred and FORTY-TWO REASONS!! Oh, my. We all know that sugar gets a really bad reputation and we know that excess sugar is not healthy. But should we, as dietitians and nutrition professionals, really tell people to eliminate it...?

In the United States it is well known that there is a problem. It problem started when many Americans stopped eating food. They started shopping in the aisles of the grocery store and avoiding the parameters, where the food is. The large amounts of processed foods and sugary beverages that are consumed, combined with the lack of physical activity, are key reasons behind the obesity epidemic the country faces. One could sit and discuss the many health related problems that can be attributed to consumption of refined and processed sugar and back it up with well-known credible research. The health problems can also be impugned on other factors as well, such as sedentary lifestyles, environmental, and genetic influences.

Now, I'm not saying we should all start consuming ice cream for breakfast, cookies for lunch, and a big slice of chocolate cake with a tall glass of milk for dinner. And I'm not saying that excess

sugar in the diet is okay and won't lead to problems. However, by harping on "don't" and "avoid" and "eliminate", people can be scared and shamed. When our friends and family read these articles that are shared all over social media regarding sugar, the next time they have that slice of birthday cake at a party they will think about that article and think of the many ways they are harming their body by eating that slice of cake. Guilt will overcome them...and shame. This is not the way to lead our country into a healthier future.

While a negative approach has historically worked well for other risk factors, such as smoking, nutrition is different. Smoking can be an all-or-nothing proposition, but everyone must eat. How much, when, and where depend on emotions, values, beliefs, and culture, not just need. So, is telling Americans what to avoid really the best way to achieve the type of dietary changes we want? No. A survey of RDs revealed that 62% believe a focus on avoiding foods containing so-called "negative" nutrients (fat, sugar, salt) has contributed to the development of an overweight yet undernourished population.¹ The information that is released on these blog posts are well-meaning but overwhelmingly negative. Rather than helping, such negative admonitions can add yet another layer of anxiety.

The Academy of Nutrition and Dietetics published a position paper in 2007 warning nutrition professionals against classifying foods as good or bad because it could foster unhealthy eating behavior.² When people focus on foods to avoid, the good/bad dietary dichotomy is automatically created. Working with our clients positively and guiding them to make their own goals and decisions is a much better approach than the scare tactics these other articles give. Joan Blake, MS, RD, LDN who is a clinical associate professor at Boston University was quoted saying, "I teach a course in dietary counseling to graduate students, and I tell them the best way to get your clients to comply is to get them to eat more, not less. Tell clients to add foods to their diets; don't take anything away. If you take everything they love away all at once...how can you expect them to come back and get the help they need?" She suggests focusing on the positives—one step at a time.³

While the avoidance approach to dietary advice for reducing any nutritional health related problem has been the standard, the tide is shifting. Now the emphasis is on foods to add to the diet rather than those to eliminate or avoid. The goal is to emphasize these risk-reducing foods, one at a time, until they eventually crowd out less healthful foods. However, individuals must take care to ensure that they're not simply adding foods (and calories) to the diet but they are ultimately making healthful substitutions. Above all, it should be remembered that we are all human and by making goals that are negative it can more often than not lead to negative results.

1. Mobley AR, Kraemer D, Nicholls J. Putting the nutrient-rich foods index into practice. *J Am Coll Nutr*. 2009;28(4):427S-435S.
2. Nitzke S, Freeland-Graves J, Academy of Nutrition and Dietetics. Position of the American Dietetic Association: Total Diet Approach to Communicating Food and Nutrition Information. *American Nutrition and Dietetics Journal*. 2007; 107(7):1224-1232.
3. Today's Dietitian Website. Available at <http://www.todaysdietitian.com/newarchives/020911p24.shtml>. Accessed February 25, 2014.

Academy Updates

By Michael Tan

UPDATES FROM THE ACADEMY

Happy National Nutrition Month! National Nutrition Month is a national campaign held every year in March by the Academy of Nutrition and Dietetics to promote nutrition education and information. This year's theme is "Bite into a Healthy Lifestyle". Please be sure to visit the Nutrition table put together by some of our students, Mare't Upton and Alyssa Marrero, at the Art Walk at Hemming Plaza downtown on March 4th from 3:00pm to 8:00pm and also at UNF Market Days on Wednesday March 11th from 9:00am to 3:00pm. They will be juicing fresh fruits and vegetables onsite, giving out recipes and herb seed starters. They will also educate the public about eating more fruits and vegetables.

Also during National Nutrition Month, we celebrate National Registered Dietitian Nutritionist Day on March 11th! On this day we commemorate RDNs and their commitment to helping people live healthy lives.

For more information on National Nutrition Month and RDN Day visit <http://www.nationalnutritionmonth.org/nnm/>

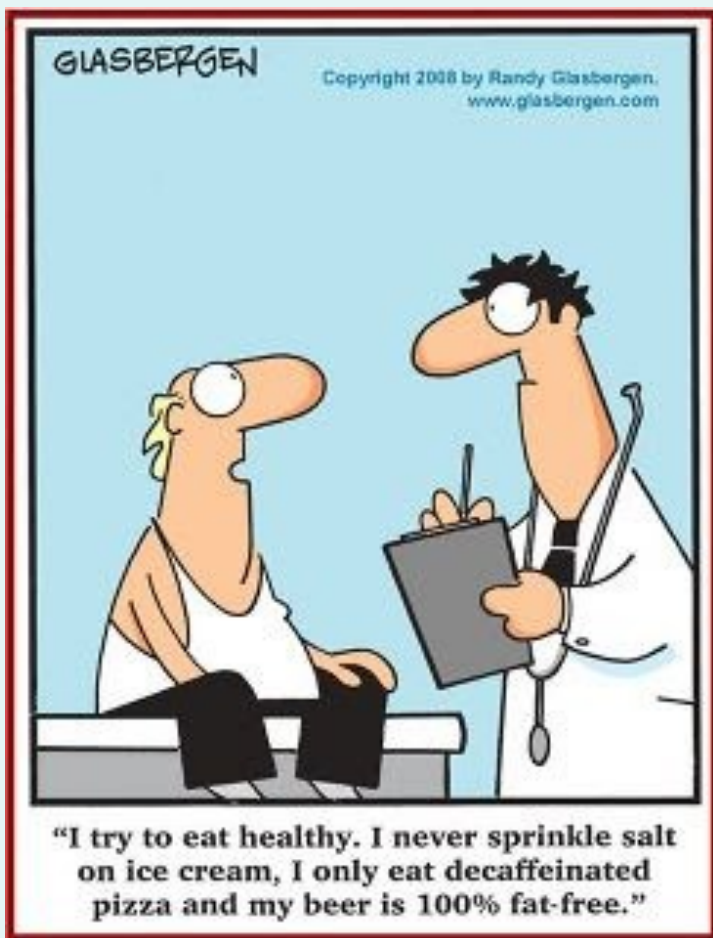
ACEND Recommends New Education Model

Merievelyn Stuber, MS, RD, CPPS, CPHQ, ACEND Chair and Mary B. Gregoire, PhD, RD, ACEND Executive Director have asked for help distributing the following information on a recommended new education model.

"The Accreditation Council for Education in Nutrition and Dietetics (ACEND) is recommending a new education model for the future preparation of nutrition and dietetics practitioners based on its environmental scan and data from more than 9,500 stakeholders. A copy of the *Rationale Document*, which details the recommended model and provides results of the environmental scan and stakeholder data analysis, can be found on the ACEND website: <http://www.eatrightacend.org/ACEND/Standards>. Also posted on the website is a Frequently Asked Questions information sheet to address expected questions about the recommendations and a recorded webinar that describes the recommended model and the rationale for proposed changes. ACEND board representatives and staff will be conducting special sessions at the area NDEP meetings to provide opportunities for educator input.

Feedback is encouraged and can be provided at the Survey Monkey® link: <https://www.surveymonkey.com/s/educmodel2015> "

Nutrition *Comic*



Garden Salad *with Citrus Vinaigrette*

Dreaming of Spring?

Ingredients

Vinaigrette:

- 3 tablespoons orange juice
- 1 1/2 tablespoons fresh lime juice
- 2 1/2 teaspoons extra virgin olive oil
- 2 teaspoons honey
- 1 teaspoon red wine vinegar
- 1/4-teaspoon salt
- 1/8-teaspoon black pepper

Salad:

- 1 1/2 cups (1 x 1/4-inch) julienne-cut zucchini
- 1 1/2 cups (1 x 1/4-inch) julienne-cut yellow squash
- 1-cup fresh corn kernels
- 2 tablespoons finely chopped red onion
- 1 tablespoon finely chopped fresh flat-leaf parsley
- 1 tablespoon finely chopped fresh basil

Directions

To prepare vinaigrette, combine the first 7 ingredients, stirring with a whisk.

To prepare salad, combine zucchini and remaining ingredients in a large bowl. Add vinaigrette; toss well. Cover and chill.





Leann John, MS, RDN, is the Director of Food and Nutrition Services at Brooks Rehabilitation Center here in Jacksonville. She has been a dietitian for ten years. Originally from Pennsylvania she and her husband, who is an artist and art professor at UNF, now live in Avondale with their three dogs, Simon, Vasari, and Ayden.

By Tammy Baranowski, Dietetic Intern

TB: Where did you go to school?

LJ: I had great professors at a little school called Indiana University of Pennsylvania. It's in a small rural farming community. I completed both my undergraduate and master's degrees there, as well as my internship. Before I even graduated, they brought in recruiters and Sodexo recruited me. My matching experience was back when the computerized system just started, so I was able to bypass all of that and submit my portfolio to my program directly. I had a full assistantship there, which taught me almost just as much as the graduate program itself. I worked the last year of my master's full time at Somerset Hospital, which is a community hospital.

TB: Tell me about your professional journey as a dietitian.

LJ: Well, as I mentioned, I worked at Somerset, which is where I stayed on after graduation, and I was actually the only dietitian there. I had to look things up, and teach myself, and network a lot that first year. I was actually a contract employee with Sodexo. We had an inpatient census of about 70, plus I did the outpatient counseling, and diabetes education classes. I was a strictly

clinical dietitian with them for about five years, until I started going in the kitchen and making suggestions to make the patient food better. They were happy to have the clinical input and as a result, I became an operations manager. It was sort of a hybrid position.

Shortly thereafter, my husband's job brought us to Florida. I transferred with Sodexo and took a full-time position at St. Vincent's Southside as a resource manager. I eventually became the CNM there. However, once a new contract company took over that account, I relocated with Sodexo to Brooks Rehabilitation Hospital as the Clinical Nutrition Manager and Patient Services Manager, where I eventually was promoted to the Director of Food and Nutrition, which is the role I am in now.

TB: Tell me about Brooks.

LJ: It's an inpatient rehab hospital. We have five different programs for patients: stroke, brain injury, pediatric, spinal cord injury, and orthopedics. Our patients have a 15 day average length of stay. It's a broad scope of patients with heavy vol-

ume. I have three full time dietitians and a few part time dietitians, plus the entire food production staff.

TB: I've noticed people seem to really have an emotional attachment to Brooks. What's one of the best things about working at there?

LJ: Our clinicians are in a unique situations where they actually get to see people get well. When I'm out and about, if I'm wearing my work badge, sometimes people will stop me to tell me their story of gaining their life back. That's just powerful to me.

TB: Do you feel being a RD benefits you as a Director of Food and Nutrition Service?

LJ: Absolutely. I'm seeing a trend in contract accounts that the client really wants the person in charge to be a dietitian. That's encouraging for our profession. Of course culinary expertise is important, but we have that background as well. For the first time in a long time, dietitians are being asked for their input on facility menus. That's a great thing. I would say that any dietitian who wants to go into operations is very marketable. They just need to show an interest.

TB: What has it been like being a preceptor for you?

LJ: I think every preceptor can relate to the fact they had both really great and maybe not so great personal experiences from their internship and that keeps them humble. It's a reminder why it's important to grow the people coming up behind you. Also, as a manager, working to find a really well-rounded clinical dietitian can be a challenge. That's why being a preceptor is so important. Anything I can give back that will help grow employees for what managers will look for I think is helpful. Being well-rounded is so important. The most frustrating thing is recruiting a clinical dietitian and finding they don't really know anything about nutrition support. The internship is the time to grow your skill set so you can be marketable.

TB: What are some other skills you find crucial for clinicians in your facility?

LJ: We do a lot of cross-training because we don't want anyone to lose a skill set. We see a huge population of people and multiple disciplines. Everything from reading family dynamics in a stroke victim's family to being able to understand aphasia in a brain stem injury to being able to deal with tragedy in a pediatric near drowning.

TB: Dietitians are by nature usually a very nurturing group. Does that nurturing inclination affect your role as a director?

LJ: Well, we are nurturers. We are compassionate. But it is also my role to grow my employees and to make them stronger and more independent. My biggest challenge is to step back and know when to push my employees. Being direct and sincere, doesn't mean I'm having a bad day. It just means we just have work to do.

TB: What do you and your husband like to do for fun?

LJ: We really have fallen in love with the Riverside/Avondale area. Since my husband is a painter, we really love to go to the museums and look at art exhibits and things of that sort. We enjoy the Riverside Arts Market, The Cummer, MOCA, all those places. We are also passionate about health and wellness. My husband does a lot of the food preparation at home, but if we do go out to eat, we try to check out local small business restaurants.

TB: If you could get paid to do any job in the world, what would it be?

LJ: I think I would seriously like to run a pet-gear bed and breakfast. We travel a lot with our dogs and it always seems like it could be more enjoyable for everyone involved. You know: good food, happy dogs, and traveling!

Research *Updates*

From Dr. Jahan-Mihan's Studies

Experimental Study

As the semester continues, our research grows! We now have over 225 offspring and a need for students who are interested in developing their research experience. If interested, please contact Shawna Jenkins at N00440502@unf.edu.

We recently traveled to Gainesville, Florida and met with Dr. Scott Powers, a professor from the University of Florida Department of Applied Physiology and Kinesiology. We are collaborating with the University of Florida for our study, The Interactive Effect of Source of Protein and Exercise on Body Weight, Body Composition, Food Intake and Food Intake Regulatory System in Obese Female Wistar Rats. Dr. Powers graciously allowed us to borrow a five-lane treadmill system to use for our experiment. This is an exciting adventure that we are truly looking forward to this semester.

By Shawna Jenkins



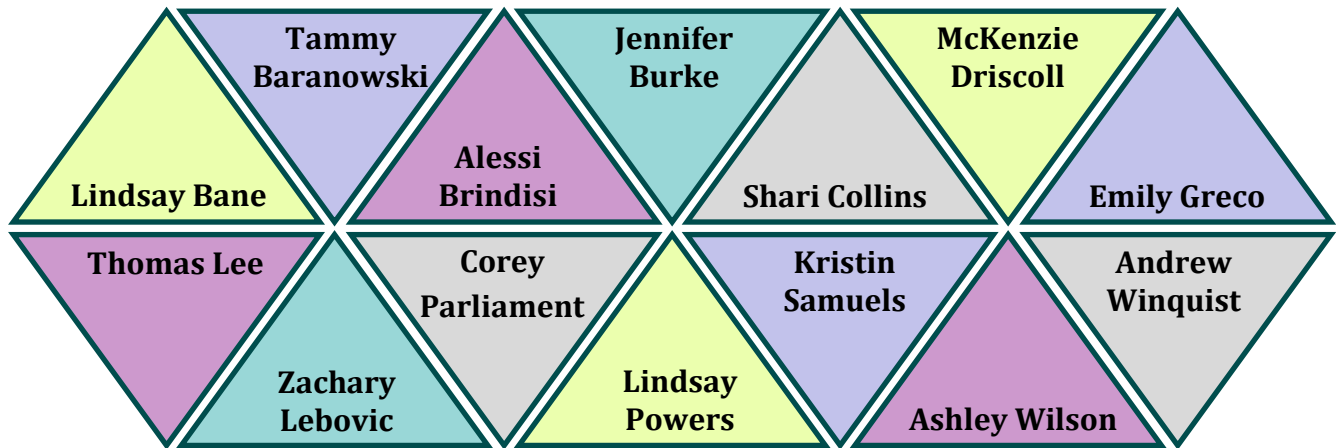
Nutrition Journal *Club*

The new Dietary Guidelines for Americans have been released! With this comes many opportunities for discussion. In March the Nutrition Journal Club will be discussing the new guidelines and sub-topics surrounding them.

Join us on **3/25/2015 @ 3:00 PM.**

Stay tuned to NJC's Facebook page (www.facebook.com/unfjournalclub) for further updates regarding the location of the room. Join our e-mail list by emailing N00677260@ospreys.unf.edu!

DND Interns



Congratulations!

On graduating in December 2014 and taking
the RD exam:

Colleen Alexander

Kelsey Korey

Danielle Villano

Christie Shubert

Participate in an Exercise Study and get Free Pizza

Must be a **healthy adult male or female** who is:

- 19-25 years old
- Used to aerobic exercise
- Any weight, but otherwise healthy without known cardiovascular, pulmonary, or Metabolic disease (like diabetes), or musculoskeletal problems that limit your ability to exercise

The study will be conducted in the Exercise Physiology Lab in the Brooks College of Health (Bldg 39, room 4062).

Participants Will:

- Have their maximal exercise capacity, body composition, fasting plasma glucose, and total cholesterol tested
- Undergo 3 exercise sessions (on a stationary bike) lasting ~30 minutes
- Provide a few drops of blood via "finger prick"
- Total time for each session will be 4.5 hours/session (total: 13.5 hours)
- There will be no monetary compensation but each participant will be provided all the pizza they want to eat after each exercise session

Call or email Dr. Jahan-mihan at: (904) 620-5359: alireza.jahan-mihan@unf.edu if you are interested.





Nutrition *News*

- ♦ **Research scientists in Germany believe that protein produced from sweet blue lupine seeds may be the next alternative to soy.** Read more at: <http://futurefood2050.com/new-non-dairy-protein-blossoms-in-germany/>
- ♦ **In one study, higher intake of coffee was related to lower incidences of Alzheimer's disease.** Read more at: <http://nutritionreview.org/2015/02/higher-coffee-intake-linked-to-lower-alzheimers-disease-rates/>
- ♦ **Low levels of vitamin D are associated with a significantly higher incidence of severe coronary artery disease.** Read more at: <http://nutritionreview.org/2014/12/low-vitamin-d-levels-linked-to-severe-heart-disease/>

For More, Visit:

- ♦ <http://nutritionreview.org/>
- ♦ [http://www.ift.org/food-technology/daily-news.aspx#sort=%40iftdate28475 descending](http://www.ift.org/food-technology/daily-news.aspx#sort=%40iftdate28475descending)
- ♦ http://www.sciencedaily.com/news/health_medicine/nutrition/



SNDA *Updates*

By Devyn Chadwell

The Student Nutrition and Dietetics Association has been very busy planning for the month of March, which many of you know is National Nutrition Month. We have also been gathering submissions for the 2015 SNDA Cookbook; the deadline for which has been extended to March 15th. Please submit your recipe to either Blackboard or to Devyn Chadwell (n00920679@unf.edu). The new date for the cook-off will be announced shortly after all recipe submissions are in.

If you are interested in running for SNDA office, please submit a brief bio introducing yourself, stating your position of interest, and explaining why you would be a good fit by March 22nd to Devyn Chadwell. The election poll will open on Blackboard March 23rd, and new officers will be announced March 27th. New officers will hold last spring meeting on April 16th.

Volunteers are needed for events with the First Coast Academy of Nutrition and Dietetics and SNDA. On March 4th, we will have interactive crafts and more healthy eating activities at Hemming Plaza's ArtWalk in Downtown Jacksonville. This event will be from 3pm to 8pm. We will also be at UNF for Market Day on March 11th from 9am to 3pm. We will be juicing fresh fruits and vegetables onsite, giving out recipes and herb seed starters, and educating the public about eating more fruits and vegetable. Volunteers do not need to stay the whole time; any amount of committed time would be greatly appreciated. If you have any ideas for the events, or if you are interested in volunteering, please contact Alyssa Marrero (n00780978@unf.edu).

For more volunteer opportunities, check out our February meeting PowerPoint on Blackboard, or contact Mike Tan (n00127686@unf.edu).



Emily Rose, Rebecca Landerman, Joseph Vander Linde, and Alan Paraso enjoying the SNDA Social at Maggiano's Little Italy



Calling All *Juniors*

Here at the Department of Nutrition and Dietetics there are opportunities to get involved!

Research with *DND*

We have exciting nutrition research opportunities available this spring semester! Dr. Alireza Jahanmihan currently has two studies that are being conducted which are clinical and animal centered.

Clinical Study

The clinical study is examining the intensity of exercise and the effects on appetite and intake regulatory hormones in normal weight versus obese subjects. The Nutrition and Exercise Science department are working together to perform the study. It involves male and female subjects with a BMI within the range of 18.5-25 or over 30. The subjects will come in for a total of four sessions; the first is a screening session, and at the other three sessions they will perform sedentary, moderate or vigorous exercise. After each exercise session, they will consume as much pizza as desired and the amount eaten will be documented. Throughout the study, the subject will be asked a series of Visual Analogue Scale (VAS) questions, test their glucose, and will have a finger pricks so insulin, ghrelin and PYY will be tested.

How can you assist?

Breakfast preparation: In the morning, the subject will be get a standard breakfast that must be eaten by 9:30am. We need an assistant to help prepare the items and be given the items to the subjects.

Pizza preparation: Prepare the pizza for the subject and record how much he ate.

Lab: We need assistants to assist the subjects with the finger prick, bring the blood to the lab and centrifuge.

Animal Study

The animal study is a twofold study. In the first experiment, the effect of intact casein and amino acid-based casein as source of protein during pregnancy will be examined. The second portion of the study will be identical to the first experiment with the exception of protein sources (whey vs. soy protein). The study will examine plasma glucose, insulin and intake regulatory hormones (CCK, GLP-1, PYY (peptide YY) and ghrelin. The gene expression of leptin, ghrelin, neuropeptide Y (NPY) and pro-opiomelanocortin (POMC) receptors in hypothalamus and cholecystokinin-1 (CCK-1), glucagon like peptide-1 and 2 (GLP-1 and GLP-2) receptors in gastro-intestinal tract will be measured.

If have questions, please contact Diana Maier at N00866129@ospreys.unf.edu.

Join NutriNews

Here at NutriNews we have several opportunities for students to join our editorial board. After Spring 2015 all of our board members will graduate but the publication must go on!

If you are interested please e-mail unfnutrinews@yahoo.com and include any experience that you might have with editing a publication and/or writing. If you do not have prior experience just send us a copy of something that you have written.

Become a Nutrition Journal Club *Officer*

With all Nutrition Journal Club officers graduating in May, new leadership will need to take over! This would be great leadership experience to add to your portfolio for internships, graduate school, and applying for jobs.

If you're interested, email N00677260@unf.edu.

SMART Grants

Any idea for your research?

Grants for students who want to do research:

Student Mentored Academic Research Team (SMART) Grants

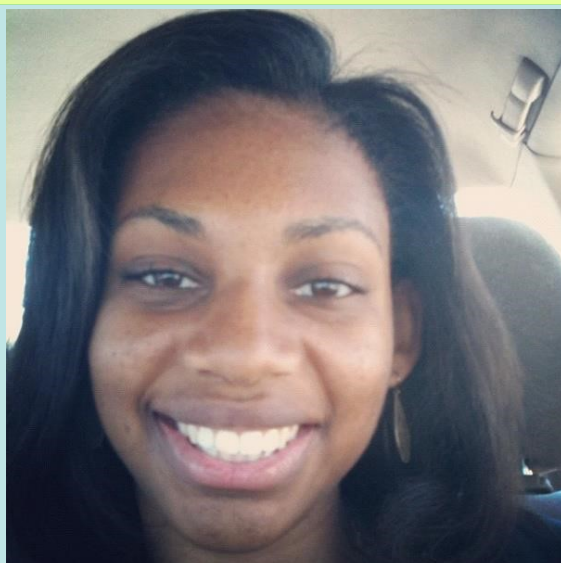
SMART Grant Applications are accepted twice a year during the fall and spring terms. *The deadline for fall term is the third Friday in October and the deadline for spring term is the **third Friday in March**. Applications must be received online by 5:00 p.m. on the date they are due.*

http://www.unf.edu/our/SMART_Grants.aspx

Online forms have changed, so please be certain to utilize the worksheets when preparing your grant application and faculty recommendations.



with Erica Mason, MS, RD, LD/N



By Dennis Yarizadeh

What have you been up to since you graduated from UNF?

When I graduated from UNF I began working at the Florida Department of Health in Duval County as a Nutrition Educator. Once I became a dietitian I was promoted to Senior Public Health Nutritionist (SPHN). After working in the SPHN position for 6 months I helped write a grant for funding for the diabetes program. The grant was awarded to the Department of Health and I became the Project Director for the diabetes program. I have currently been in this position for two years.

How did you get involved with the Florida Department of Health?

After I graduated from UNF's MS/DI program I went to the Virgin Islands for a couple of months to visit my family and decide where I wanted to work. I was called about a job opportunity by one of my former preceptors from the Florida Department of Health about a job opportunity.

What is your position/ what are some of the things that you do in your position?

In my position as the Project Director for A New DEAL diabetes program I oversee the grant making sure all deliverables are met accurately and on time. I coordinate and conduct diabetes self-management classes in the community. I also conduct outreach events and presentations in the community.

What are some of challenges that helped you grow from the UNF's master's program?

Time management and learning how to deal with different personality traits taught me a lot and prepared me for interacting with others on the job.

If you could give the undergraduates one piece of advice, what would it be?

Explore all of your options. Don't be afraid to branch in an area that is not a common area of practice for dietitians. You may opening a new door of opportunities in dietetics.

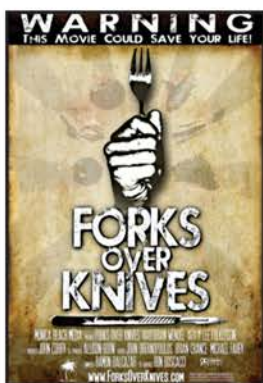


3 ways to Bring **HEALTHY** *Back*



Heather Borders
heather@kailonutrition.com | 904.588.2770
www.kailonutrition.com

Kailo Nutrition offers plant-based nutrition education and practical culinary instruction for a variety of community groups and corporate clients.



Forks Over Knives Documentary

Wednesday, March 25 | 7:00-8:45 PM

Location: Riverside United Methodist Church | Cost: \$5

The idea of food as medicine is put to the test. Throughout the film, cameras follow patients who have chronic conditions from heart disease to diabetes. Doctors teach these patients how to adopt a whole-foods plant-based diet as the primary approach to treat their ailments—while the challenges and triumphs of their journeys are revealed.



Purchase Tickets here: <http://forksoverknivesjax.eventbrite.com/>



FOOD FOR LIFE
Kickstart Your Health

Nutrition & Cooking 5-Class Series

5 Wednesdays | 6:30-8:30 PM | April 1-29 | Cost: \$99 + \$50 Materials Fee

Location: UNF 12000 Alumni Drive, Herbert University Center | Cost: \$149

Want to add more plant-based foods into your life, but don't know how or where to start? The Kickstart Your Health nutrition and cooking class series is covered in five, 2-hour classes. Each class includes:

- Cooking demonstrations
- Tasting of three plant-based meals
- Recipes and nutrition education
- Guide to reading a food label
- Supportive group setting
- Practical tips for weekly meal planning

Register: www.learnjacksonville.com | (904) 620-4200



Worksite Wellness Program Information Session

Friday, April 10 | 11:30 AM-1:00 PM

Location: UNF 12000 Alumni Drive, Herbert University Center | Cost: FREE

Kailo Nutrition is proud to offer our Food for Life Classes to groups and organizations. Attend this free information session to discover how this nutrition and cooking program can benefit the health of your organization.



FOOD FOR LIFE
Worksite Wellness Program

For more information call (904) 620-4200

UNF Nutrition & Dietetics and School of Nursing

Spring 2015 Conference & Recognition

Friday, April 10, 2014 | 9:00 AM – 1:00 PM |
University Center, Board of Trustees Room 1058

Agenda (*tentative*)

ITEM	TIME	TITLE	SPEAKER
1	8:30 – 8:50 AM	Registration	
2	8:50 – 9:00 AM	Welcome	Judith Rodriguez
3	9:00 – 10:00 AM	Rule of the Road to Communicating Science and Being a Polished Communicator	Kathleen Zelman <i>Director of Nutrition, WebMD</i>
4	10:00 – 11:00 AM	The Role of the Gut Microflora on Disease Risk	Andrea Arikawa <i>Assistant Professor, UNF</i>
5	11:00 – 12:00 PM	Inspiring A Healthier America	Linda Cornish <i>Executive Director, Seafood Nutrition Partnership</i>
6	12:00 – 1:00 PM	Lunch and Preceptor, Donor, & Friend Recognitions	
7	1:00 – 1:10 PM	Notes of Appreciation and Adjournment	Judith Rodriguez

This program has been approved by the Commission on Dietetic Registration for 3 CPEUs, and by the Nursing.....

Please see Katie LeGros at the registration table after the event for your CPEU form.



Brooks
College of Health
Department of Nutrition & Dietetics



Brooks
College of Health
School of Nursing



Get your “Master of Science in Nutrition and Dietetics” at UNF

This is an online program with accelerated (8 week) courses

With the **only online** Master of Science in Nutrition in Florida, the University of North Florida can provide you with the educational preparation to help shape the future of nutrition and become a respected part of the healthcare team.

What you'll gain:

Competency, achievement and leadership skills you need to move up in your profession.

Instruction from award-winning faculty with research interests and experience in a variety of practice areas.

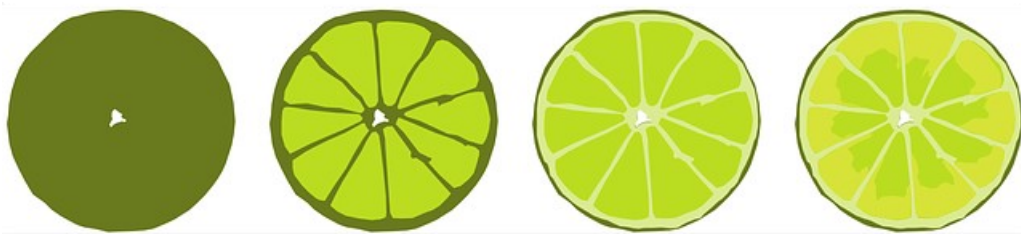
A well-respected nutrition degree from a **Best Regional College** (*U.S. News & World Report*).

This versatile program will allow you to gain insight into important topics in nutrition and prepare you for leadership positions in various careers including clinical managers, food service directors, private practitioners, writers and media specialists.

Learn more about admission requirements:

<http://onlinedegree.unf.edu/admission-requirements.aspx>

Tel: (855) 478-2013



Vision

Better understand, prevent and treat obesity to improve the lives of those affected through research, education and advocacy.

About TOS

The Obesity Society is the leading professional society dedicated to better understanding, preventing and treating obesity. Since 1982, The Obesity Society has been committed to encouraging research on the causes and treatment of obesity, and to keeping the medical community and public informed of new advances.

The Obesity Society (TOS) is a nonprofit 501(c)(3) scientific and educational organization dedicated to expanding research, prevention, and treatment of obesity and reduction in stigma and discrimination affecting persons with obesity.

The society has approximately 2,500 members. About 39% are PhDs, 35% MDs and 2% RDs. Physician specialties include endocrinology, internal medicine, psychology, psychiatry, pediatrics bariatric surgery and family practice. Members work in universities, hospitals, individual or group practice, medical school, government, and other fields.

The society publishes the leading peer-reviewed scientific journal in the field, *Obesity*. The 2014 impact factor for the journal is 4.389. The journal is currently published by Wiley. Editorial is managed by leading obesity research professionals in the roles of Editor-in-Chief and Associate Editor-in-Chief, under the guidance of the Publications Board.

The Obesity Society is accredited by the Accreditation Council on Continuing Medical Education to provide continuing medical education for physicians. The Society also provides continuing education for nurses, physician assistants, registered dietitians and pharmacists. The Society educates clinicians primarily by way of the ObesityWeek annual meeting. ObesityWeek is designed to "translate" the basic science discovered in laboratories to strategies that can be used at "the bedside" to treat patients. This live meeting includes lectures, interactive debates, panel discussions, as well as oral and poster presentations. Each learning strategy is designed to affect a different outcome in clinician behavior, such as knowledge, comprehension or application.

Values

The Obesity Society is committed to improving the lives of those with obesity, nurturing careers of obesity scientists and practitioners and promoting the interdisciplinary nature of obesity research, management and education. In so doing, The Obesity Society, its members and staff pledge to uphold:

Compassion: For the lives and situations of those living with obesity.

Responsibility: For advocacy, treatment and investigation, all working toward a cure for obesity.

Respect: For each other and all who are touched by obesity.

Progress: For furthering knowledge about obesity using appropriate scientific standards.

Mentorship: For helping, teaching and supporting our colleagues.

Highest Ethical Standards: For all our actions, writings, programs, & services.





Contact Us!

Have any questions or comments? Please direct inquiries to:

Alicia Bersey – Editor in Chief

Dr. Alireza Jahan-mihan – Faculty Advisor

UNFNutriNews@yahoo.com

DND Mission

The University of North Florida Nutrition and Dietetics undergraduate and graduate programs are committed to transforming students into valued professionals through the pursuit and acquisition of knowledge, skills, attitudes, and behaviors essential for lifelong learning.

DND Vision

The University of North Florida Nutrition and Dietetics Department engages and transforms students and faculty into valued nutrition and health professionals who make significant contributions to their communities through discovery of new knowledge and commitment to service.